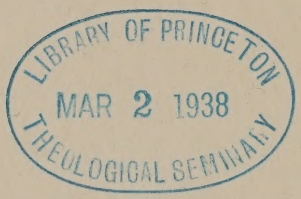
MY PILLOW BOOK

ALICE HEGAN RICE



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My pillow book

MY PILLOW BOOK

By Alice Hegan Rice

MRS. WIGGS OF THE CABBAGE PATCH

LOVEY MARY: FURTHER ADVENTURES OF MRS. WIGGS OF THE CABBAGE PATCH

MISS MINK'S SOLDIER & OTHER STORIES

THE LARK LEGACY

CALVARY ALLEY

MR. PETE & CO.

CAPTAIN JUNE

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SANDY

QUIN

A ROMANCE OF BILLY-GOAT HILL

THE HONORABLE PERCIVAL

MY PILLOW BOOK

THE BUFFER

And with Cale Young Rice

WINNERS AND LOSERS

TURN ABOUT TALES

PASSIONATE FOLLIES

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MY PILLOW BOOK

Written and Compiled by

Alice Hegan Rice

"What are you going to do
When the world's on fire?
Don't you want God's bosom
To be your pillow?"
—*From a Negro Spiritual*

D. APPLETON-CENTURY COMPANY
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To

Jenny Loring Robbins

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MY PILLOW BOOK

I

HOW TO BEGIN

Every art has its technique and none more than the art of living. In every profession we expect to give years of preparation in hard study before we can hope to attain any degree of mastery. But in the greatest of all arts we too frequently expect to achieve without struggle.

Each life presents its individual problem. Is not the courageous facing of this problem and the persistent effort to find its wisest solution the most important duty that confronts us?

If for even a short time each day we can turn away from all that is material and troubling, and live above space and time, for that period we will be living in the Kingdom of God. Through meditation, quiet thinking and prayer, we can get self out of the way and leave the channel free for divine life to work through us.

Each morning before the machinery of the day is set in motion we should seek a quiet spot and make a conscious readjustment of our personal lives to the highest possible spiritual level. We will find that being thus alone with God brings us to see things from His standpoint. It is only by being still that one can ever hope to hear the divine message.

One of the greatest of all laws is the law of cause and effect. Our actions determine our everyday conditions, and actions spring from thought. Therefore we are hourly creating our conditions, material and spiritual, by the thoughts we think.

The ability to separate the essential from the non-essential, the reality from the symbol, to think constructively and positively can only be gained by persistent effort.

There seem to be no bounds to the heights human nature can attain, if the aspiration be sufficiently noble and the faith and effort sufficiently steadfast. Heroic souls throughout the ages have attested this. Apparently insurmountable physical handicaps, mental and moral defeats and failures have been met and conquered, and man at his best has become a co-worker with God for the establishment of His Kingdom.

This little book is designed to present in the simplest way short outlines for comfort and inspiration, followed by quotations culled from my note-books. Wherever possible I have given the name of the author of these quotations, but in those instances where I have failed to do so, I ask forgiveness. Truth, beauty, and wisdom are universal and belong to us all, once they are made manifest through the Word. On behalf of myself and my readers I thank those who have expressed the beautiful thoughts that are herein quoted.

II

WHAT DO WE BELIEVE?

Very few of us, unless we have deliberately formulated our creed, can tell another what we actually believe. Many of us go through life, probably identified with a church, never having definitely thought out this problem. Some years ago I was challenged to state just what I believed, and here is the result.

I believe first of all in a Mind back of the universe. This Mind I call God.

I believe that He is transcendent as Creator of the universe, and in that respect all-powerful, but that He is also immanent in each of His creations, and to that extent self-limited.

I believe He has given man a certain degree of free will, in order to allow him to develop and not to be a mere puppet.

There are certain unchanging laws of truth, which if obeyed bring freedom and if disobeyed bring chaos. Sin and disease are the result of this conscious or unconscious breaking of the law. Due to the solidarity of humanity, individuals cannot have the power to love and

serve without also having the power to hate and hurt.

I believe that love is the creative power in the universe, and that evil can only be overcome with good.

Sin is a retrogression, a slipping back to a lower level. Evolution is the assertion of the spirit over material things.

I believe in a personal God, because my finite mind cannot conceive of Him in any other way, and because I have experienced a communion with Him, gaining strength in weakness, comfort in sorrow, and daily joy in fellowship with Him.

I believe in the immortality of the soul because I cannot conceive of an intelligent First Cause creating human beings through long process of evolution in this world only to destroy them.

I hold that Jesus Christ is the highest manifestation of God's intention for man, the supreme example of what He wishes us to be. Love is the Eternal Verity, and any real love we have given or received in this world, will not pass out of our lives in the world to come.

My Prayer

Oh God, my Creator and Preserver, teach me to obey the all-embracing law of universal love as exemplified in the life of Jesus Christ. Help me through daily meditation and prayer to search my heart, face my problems with courage, sublimate my earthly desires, and be lifted from consciousness of self

to consciousness of Thee. At all times make me aware, in the silence of my soul, of Thy absolute presence, which, speaking the word of deepest wisdom, will sustain and guide me, and, if I be worthy, pass through me as an energizing and ennobling influence to my fellow men.

ALICE HEGAN RICE

Your religion is good if it is vital and active, if it nourishes in you confidence, hope, love and a sentiment of the infinite value of existence, if it is allied with what is best in you against what is worst, and holds before you the necessity of becoming a new man, if it renders forgiveness more easy, fortune less arrogant, duty more dear. If it does these things it is good, little matter its name, for it comes from the true source and binds you to man and to God.

CHARLES WAGNER

A Litany for Latter-day Mystics

Out of the Vastness that is God
  I summon the power to heal me.
It comes with peace ineffable
  And patience, to anneal me.
Ajar I set my soul-doors
  Toward unbounded Life
And let the infinitudes of it
  Flow through me, vigour-rife.

Out of the Vastness that is God
  I summon the strength to keep me
And from all fleshly fears and fret
  With spirit-winds to sweep me.

I summon the faith that puts to flight
All impotence and ills,
And that, through the wide universe,
Well-being's breath distills.

CALE YOUNG RICE

Jesus had a genius for mystically acquired knowledge of God in His relation to man. He was without doubt the greatest mystical genius that ever lived.

MARY AUSTIN

III

MYSTICISM

We hear a great deal about mysticism but few have taken the trouble to find its meaning and modern application. It is, to most of us, vaguely identified with religion, in its older and more obscure phases. But to enlightened thinkers of to-day it means religion in its purest and most intense form. As one writer has said, "not all musicians can be Beethovens and Mozarts, and not all religious people can be mystics, but we are all more or less capable of mysticism." To the mystic, God is both the center and the circumference of his life. The blatant individualism of the day has no claim upon him. His whole ambition is to identify himself with God and so live that God may work through his personality to further His divine purpose for all men.

The mystic feels his oneness with God, and with the knowledge of this fellowship, he goes forth with high courage and contagious confidence to help God establish His Kingdom on earth. A social mystic, of whom Jesus Christ is the supreme example, cannot fail to be a creative personality. When a man does not have to get his

knowledge of God through theology, history or philosophy, but can honestly say, "I *know* because I have experienced Him, I have been in personal touch with Him," then he is a mystic.

There exists in man a spiritual faculty, attested to by thousands who have possessed it, by which God can be known and felt as the most real thing in human existence.

A few definitions of mysticism by religious writers:

The immediate awareness of relation with God, direct and intimate consciousness of the Divine Presence.

RUFUS JONES

The attitude of mind in which all other relations are swallowed up in the relation of the soul to God.

EDWARD CAIRD

Mysticism is the attempt to realize in thought and feeling the immanence of the temporal in the eternal and of the eternal in the temporal. An attempt to realize the presence of the living God in the soul and in nature—complete union with God.

DEAN INGE

A profound discontent with the obvious, a search for those more remote meanings which overflow the barriers of the common presuppositions and discourse of men.

G. P. ADAMS

Mysticism is religion seeking to emancipate itself from the tyranny of external media. It is religion bringing the soul into the immediate presence of God.

BROCK CUTTEN

Speaking generally, it is nothing less than a direct communication between God and the soul, independent of the bodily senses, but as direct, certain, and immediate as the bodily sensations are. Mystical experience is not knowing or thinking about God which is what is practiced in ordinary meditation; but actually knowing, contemplating, and being in conscious personal touch with God.

SHARPE

The thought most intensely present to the mystic is that of a supreme, all-pervading and indwelling Power in whom all things are one.

PRINGLE-PATTISON

Dr. Carrel, one of the greatest scientists of our day, an outstanding physician and surgeon, has this to say of mysticism: "It brings to man the fulfillment of his highest desires, inner strength, spiritual light, divine love. Through the contemplation of superhuman beauty, mystics and poets may reach the ultimate truth."

The Mystic

I have ridden the wind,
I have ridden the stars,
I have ridden the force that flies

With far intent through the firmament
And each to each allies.
And everywhere
That a thought may dare
To gallop, mine has trod—
Only to stand at last on the strand
Where just beyond lies God.

C. Y. R.

If this Absolute Presence, which meets us face to face in the most momentous of our life's experiences, which pours into our fainting wills the elixir of new life and strength, and into our wounded hearts the balm of a quite infinite sympathy, cannot fitly be called a personal presence, it is only because this word personal is too poor and carries with it associations too human and too limited adequately to express this profound God-consciousness.

T. Upton

IV

LESSONS IN PHILOSOPHY

In all ages men have sought a philosophy of life that would unify their lives and enable them to reconcile the real and the ideal.

The Epicureans sought the simple life, with pleasure as the governing principle, and feeling the rule by which to judge every good thing. But pleasure they defined not as unbridled license, but as the absence of pain in the body and trouble in the soul. They taught that wealth beyond the needs of man is but a hindrance and a burden of responsibility; that the first duty of salvation is to preserve one's vigor and to guard against maddening desires.

Sin to an Epicurean was melancholy, fretfulness, unhappiness. Wrong-doing was only harmful when the wrong-doer could not escape the fear of being caught. It was largely a philosophy of selfishness and led inevitably to pessimism.

Though the lowest of all the philosophies, Epicureanism has much to teach us. The hearty enjoyment of the senses, the elimination of the superfluous, relaxation

from worry and strain, the maximum pleasure in the moment are all part of the life more abundant.

Another great philosophy, known not only to the ancients but embodied in many of the cults of the day, is the Stoic philosophy based on the law of self-control. It teaches that "the meaning and value of any external fact or possession or experience depend on the way in which we take it."

The only things that affect us, they claim, are the things we allow to enter our consciousness, and that it is our own fault if we do not react serenely.

This leads inevitably to the shutting out of all righteous indignation, to the denial of the claim of the senses not only in ourselves but in others, and to the cold conclusion that we are unhappy, ill or impoverished through our own mental attitude.

This philosophy, teaching as it does that we should yield fully to the law of the universe no matter what it does to us as individuals, is too abstract and impersonal to satisfy the needs of the human heart.

The best lessons it teaches are the control of external events by our attitude of mind and the bearing with fortitude whatever befalls us.

Innumerable other philosophies have been formulated through the ages to help men live their lives, but it remained for Jesus Christ to accept the best in each and fuse the whole into the supreme law of universal love.

Remember on every occasion which leads thee to vexation to apply this principle: that this is not a misfortune, but to bear it nobly is good fortune.

MARCUS AURELIUS

Peace is something more than joy,
Even the joys above;
For peace, of all created things
Is likest Him we love.

To one who has reached the state of inner calm and peace, the circumstances and conditions of the outward life are of little concern. Dwelling in the secret place of the Most High, he abides under the shadow of the Almighty.

JOHN WRIGHT BUCKHAM

Amelia Barr at eighty-two wrote:

"Though youth and beauty have departed, the well springs of love and imagination are, in my nature, too deep to be touched by the frost of age. Nourished by the dews of the heart and the intellect, they will grow sweeter and deeper and more refreshing to the end of my life; for the things of the soul and the heart are eternal."

The highest of characters is his who is ready to pardon the moral errors of mankind as if he were every day guilty of some himself, and at the same time as cautious of committing a fault as if he never forgave one.

PLINY THE YOUNGER

V

OUR PERSONAL ATMOSPHERE

Whether we realize it or not, each of us emanates some intangible influence either to build up or to destroy. We cannot enter a room without, however slightly, changing the atmosphere, making those present glad or sorry for our presence.

Some people act as if there were a penalty for carrying concealed troubles. They exhibit them at every opportunity, begging for sympathy, even condescending to accept pity. Such persons never realize that the very ones to whom they are complaining are often struggling under a burden greater than their own.

It is useless to minimize the difficulty of appearing cheerful when one's heart is heavy, or of being gay when enduring physical pain. But one can at least assume the most hopeful and courageous attitude possible, and learn to endure in silence. The realization that our fellow men are traveling the same difficult road that we are, and that their own burdens are often as much as they can bear, should make us more eager to lift than to lean.

The spirit of good-will, of affection, of loving under-

standing, generously expressed can never fail to make a place for us in the hearts of others. Often the most austere and forbidding are most hungry for the word of friendliness or encouragement that is in our power to bestow. One has only to try the experiment for a day to prove its truth. Even the slightest gesture of kindliness to each person we come in contact with for twenty-four hours will bring astonishing results. A quick smile, a kindling eye, a gracious response are almost certain to follow.

A friend of mine, who has a rare spiritual nature, was carrying some roses early one morning to a sick friend. As she tripped gaily along she hummed a little song to herself, and did not notice an old scrub-woman, who was kneeling on the icy steps of a building, until she heard her mutter almost angrily: "It's good some folks can be happy!"

My friend turned back impulsively and thrust half the roses into her hands.

"These are for you!" she said.

The gnarled old face softened, as the woman said: "Now I know why you are happy!"

A spirit of never-failing love, of interior peace, and a joy that wells from the divinely fed springs of one's being cannot fail to find infinite opportunities for service, and the wisdom and power to meet them.

Under the most hopeless exterior may lie some virtue

that needs only your word to call it forth. Make your life a glorious adventure, a treasure hunt for hidden virtues. Use your personality, create your atmosphere of cheerfulness, and good-will. Realize your marvelous possibilities.

Our mental moods control our atmosphere, and we do not always have to speak or act to influence those about us. Certain radiant personalities send out a magnetic influence as definite as sunshine. The English poet, Francis Thompson, wrote:

> The innocent moon that nothing does but shine
> Moves all the slumbering surges of the world.

Perhaps of all people who ever lived Jesus possessed this magnetism to the greatest extent. No one seemed to resist it, the young and the old, the well and the sick. Even the enemies who crucified Him felt some strange, superior power for which they could not account.

The greatest service we can render to mankind is the impress of our own personality.

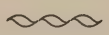
M. B.

There are some who possess the magic touch, the infectious spirit of enthusiasm; who have the same effect as a beautiful morning that never reaches noon. Under this spell one's mind is braced, one's spirit recreated; one is ready for any adventure, even if it only be the doing of the next distasteful task light-heartedly.

Kate Douglas Wiggin

Happiness rises out of the joy of self-expression, and in creative activity. Begin to think creation thoughts, seek creative ideas and impulses, demand opportunities to bring out into form all that you feel yourself to be. God is seeking self-expression in life, love and wisdom in you.

FENWICKE HOLMES



In my view one dank dispirited word is harmful, a crime, a piece of acquired evil; every gay, every bright word or picture, like every pleasant air of music, is a piece of pleasure set afloat: the reader catches it and, if he be healthy, goes on his way rejoicing, and it is the business of art to so send him as often as possible.

R. L. STEVENSON

There is the great man who makes every man feel small, but the real great man is the man who makes every man feel great.

G. K. CHESTERTON

VI

THE PROBLEM OF SUFFERING

Of all the baffling problems man is called upon to face, the one of physical suffering is perhaps the most difficult. The most buoyant nature can be temporarily broken by persistent pain. The most devoted Christian falters when no hope appears on the horizon. In illness, frustrations meet us at every turn, new and disturbing adjustments are necessary, and we become confused as to the right course to take. The machinery of life is thrown out of gear, the rhythm broken, and fears, doubts and despairs tend to take possession of us. Only those who have had a long discipline of pain can realize the truth of this.

Believing as we do that it is not God's will that we should suffer, but that we should have life more abundant, it is right that we should deny the claims of the senses and live above them as far as possible. But being still men in the making we are subject to the laws that life imposes upon us, and if we break these laws, consciously or unconsciously, we must pay the penalty.

There is still a way out, however. Though we cannot get relief from our suffering, we may receive the grace

to bear it. Daily, hourly communion with God will show us the way. There is a spiritual law that the more one lives on the spiritual plane and leaves the consequences to God, the less claim the body has upon one. This is preëminently exemplified in the life of Saint Paul, who though seriously handicapped physically, yet lived a life of strenuous toil and glorious achievement.

The severest test, however, comes to those who are denied the privilege of active service, and who must face life on its hardest terms, with little hope of better things to come. For such it were wise to remember that God manifests Himself through courage and patience as well as through deeds, and some of the most beautiful and inspiring spirits of the ages have been housed in the frailest of bodies.

No matter what our physical handicap, if we can keep our minds healthy we can think creatively and helpfully. By holding steadfastly to the ideal of perfection in ourselves and others we can help it to become manifest.

A Negro acquaintance of mine once said: "We all got to have something, and my portion is glands." Whatever our portion, our wisest course is to use our intelligence rather than our emotions to combat the difficulty, to crowd out negative, destructive thoughts with positive, inspiring ones, and, so far as humanly possible, to forget self in the love of God.

One of the most glorious things about humanity is its

ability to suffer continuously, yet carry on triumphantly to the end. Perhaps it is as Evelyn Underhill says, that man does not reach without much effort and suffering the higher levels of his psychic being.

When curses can be turned into blessings we have touched the divine alchemy. The oyster that turns the anguish-giving sand grain into a pearl with the lustre of the skies in its whiteness is emblem of man glorying in the midst of affliction.

EMMA CURTIS HOPKINS

Jesus did not tell us *why* we have to suffer, but rather *how* to suffer. It was the method of Christ and Saint Paul neither to affirm nor to deny the problem of evil, but to meet evil with the spirit of God and to defeat it.

J. EARL GILBREATH

If the spirit cannot rise above physical conditions and make spiritual harvest of ill-health and infirmity, it has nothing to attest its supremacy.

JOHN WRIGHT BUCKHAM

I cry to Him that my pangs be not in vain. When my flesh is torn I ask that something larger than my petty life, something that stands in sorer need of mending than my own wound be somehow made whole through my suffering.

JOEL BLAU

Only when pain is bound up in selfishness is it in vain.

Zephine Humphrey, in one of her winged passages, says:

"We find as we grow older that our bodies are not so essential to experience as we once supposed. Not nearly so many things can they do together, body and spirit, but does that spell impoverishment? Quite the contrary. Our spirit discovers that it has always tried to do too many things and has never done any of them properly. For everything that matters is vast, developing vista after vista as one deals with it. The body assists in the initial stages of all such dealings and developments, but there comes a point where it loses its way and cannot go farther. Youth tends to turn back with the body, but middle age presses on. Perhaps one can go even farther without one's senses than with them. Youth seeks to enrich itself by piling interest upon interest, but middle age discovers that when things are many they tend to run thin." *

Thou dost run, though thou canst not stand;
Dost mount, although thou descend;
Hast more, the more thou dost spend,
Possessing the Deity.

JACOPONE DA TODI

Why should I start at the plow of my Lord, that maketh deep furrows in my soul? I know He is no idle husbandman, He purposeth a crop.

RUTHERFORD

* Quoted by permission of the author and publisher from *From Green Mountains to Sierras* (E. P. Dutton & Co., Inc.).

If from affliction somewhere do not grow
Honor which could not else have been a faith,
An elevation, and a sanctity,
If new strength be not given and old restored,
The blame is ours not Nature's.

ANONYMOUS

Out of my window I can see
A winter-beaten cypress tree
That yields—though rising again free—
To the wind with changeless dignity.

Sap is not in it and no song
Of leaves—for leaves have dropt from it long.
Beauty is left though, straight and strong,
Made of patience to bear the wind's wrong.

C. Y. R.

That state of passive suffering which completes the decentralization of your character, tests the purity of your love, and perfects your education in humility.

EVELYN UNDERHILL

VII

FEAR

Fear is probably man's worst enemy. It paralyzes his functions, destroys his peace of mind. Man, without the support of a higher power, is always the victim of fear. Alone, he seems unable to meet the crises of life. Fear of life and its demands is as strong as fear of death with its unknown possibilities. The only way to banish fear is to link oneself with God. Once we can feel deeply and surely that we are individuated centers of His life, and that He, who cannot fail, is working through us to achieve some purpose, then the sense of fear is lost in the certainty of His power and wisdom.

We have countless instances of brave souls, who have fearlessly fared forth upon terrible experiences, upheld by the faith that not their strength but God's would see them through. But always with this confidence must be the understanding that God helps us in His own way, not in ours.

No one can deny the difficulty of facing life with continuous courage. There are many dark hours which one must live through; even Jesus had his Gethsemane. It

is only by realizing that, weak and frail as we are, God needs us, and, so far as we permit, uses us as co-partners in the establishment of His Kingdom, that we are able to carry on.

Some one wrote: "God gives us the strength we need to make us conquerors under all possible circumstances, but He never gives us extra strength for worry. If we divert the flow of nervous energy into unlawful channels, the delicate mechanism of the body must suffer."

The only way to overcome fear is by making a stronger impression on the mind by building up the consciousness of God's power and resolutely holding fast to the fact of our unity with Him. This attitude of mind can only come through patient cultivation. For ages we were animals and, as such, victims of the fear habit. As we evolved into men we became more masters and less slaves, and gradually learned that by courage alone could we conquer.

When an animal is frightened it either fights or flees the danger. It would be better for man physically if he could do the same. Instead he worries, and the result is disastrous. It is only by combating fear at the start that he can hope to triumphantly meet life's emergencies.

To miss the chance of service, to fail to speak the word of kindness, not to impart something of our strength and good

will to those who need them, this is the sin that finds little chance of atonement.

ANONYMOUS

Still fight resolutely on, knowing that, in this spiritual combat, none is overcome but he who ceases to struggle and to trust in God.

SCUPOLI

We shall steer safely through every storm, so long as our heart is right, our intentions fervent, our courage steadfast, and our trust fixed on God. If at times we are somewhat stunned by the tempest, never fear; let us take breath and go on afresh.

ST. FRANCIS DE SALES

No coward soul is mine,
No trembler in the world's storm-troubled sphere.
I see Heaven's glories shine
And faith shines equal, arming me from fear.

EMILY BRONTË

Teach us to be anxious for nothing, and when we have done what Thou hast given us to do, help us, O God, to leave the issue to Thy wisdom.

BISHOP WESTCOTT

Still our tongues of their weak complainings, steel our hearts against all fear, and in joyfully accepting the conditions of our earthly pilgrimage may we come to possess our souls and achieve our purposed destiny.

W. E. ORCHARD

A sorrow's crown of sorrow is anticipating unhappier things.

SAKI

Those who are shut out of active service may, by prayer and vicarious bearing of suffering, fulfill a true ministry of service. He who accepts suffering, or limitation in the highest spirit, is helping with Jesus, to bear, and so to bear away, the sin of the world.

JOHN WRIGHT BUCKHAM

For the world knows not of the peace that comes
To a soul at-one with God.
It is only those who are traveling on
In the path the Master trod
Who can feel, through the dark, that loving hand,
And, holding it fast, can understand.

ANONYMOUS

Never strike sail to a fear. Come into port greatly or sail with God the seas. Not in vain you live, for every passing eye is cheered and refined by the vision.

RALPH WALDO EMERSON

Be not afraid of life. Believe that life is worth living and your belief will help create the fact.

WILLIAM JAMES

VIII

BE STILL

In this noisy, restless, bewildering age, there is a great need for quietness of spirit. Even in our communion with God we are so busy presenting our problems, asking for help, seeking relief that we leave no moments of silence to listen for God's answers.

By practice we can learn to submerge our spirits beneath the turbulent surface waves of life and reach that depth of our being where all is still, where no storms can reach us. Here only can we forget the material world and its demands upon us.

Once we learn to be still, we realize that everything does not depend upon us, and our limited strength and wisdom, but that God is back of us, ready to guide and strengthen if we only turn to Him and trust Him.

Whenever we find a situation that we cannot face, we should not fix our attention on its difficulties, but on the vast resources we have to draw upon to meet it. Fear of suffering and anticipation of disaster use up all the energy that will be needed later to meet the emergency. By cultivating the spirit of quiet trustfulness and liter-

ally laying our burdens upon the Lord, we grow in strength and grace, and command not only our own strength, but the harmony and health of the Infinite.

Just as a pool of water cannot reflect the sky overhead when it is restless and disturbed, so we can never get a perfect vision of the Divine, and show it to others when we are disturbed with human thoughts and personal problems. It is only when we are quite still and receptive that God can think His thoughts into us and use us for His purposes.

Constantly our peace is threatened by outward things and circumstances. We can easily be destroyed by what happens to us and to those we love. It is only by maintaining an inner stillness that we can attain that steadfast stability of character that enables us to rise above the temporal, above time and space, and dwell in the eternal, while still on earth.

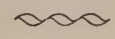
In these days of conflicting ideals and of conflicting opinions as to the method of meeting private and public problems, we find ourselves in constant warfare with our fellow men. Honest misunderstandings constantly arise, and our very bewilderment makes us irascible and unreasonable. But strenuousness must cease, if we are to grow in the spiritual life. If we can express ourselves quietly, calmly and with reason, it is well, otherwise it were far better to be silent.

In the castle of my soul there is a little postern gate
Where, when I enter, I am in the presence of God. In a moment,
In a turning of a thought, I am where God is.
When I meet God there all life gains a new meaning.
Lowly and despised things are shot through with glory.
My troubles seem but the pebbles on the road,
My joys seem like the everlasting hills,
All my fever is gone in the great peace of God,
And I pass through the door from Time into Eternity.

ANONYMOUS

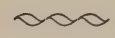
The sovereign cure for worry is religious faith. The tossing billows on the fretful surface of the ocean leave the deep places undisturbed. To him who has a hold on the vaster and more permanent realities the hourly vicissitudes of his personal destiny seem insignificant.

WILLIAM JAMES



The waking sleep of faith, whether for an instant or an hour, is no more miraculous than natural sleep. It might be called a knack of dissolving into indifference to all consequences whether personal or universal.

JOHN JAY CHAPMAN



Be silent, or say something better than silence.

PYTHAGORAS

IX

HINTS TO THE LONELY

There is only one way to find peace and integration of self, and that is by giving our solitary hours to God. God may be an unfailing and soul-satisfying companion if we make of Him our dearest and most intimate friend. But the human touch is also necessary, and the old saying is true: the way to have a friend is to be a friend.

All about us, wherever we are, are other lonely souls; opportunities for service press upon us on every side if we could only see them. Only by giving utterance to every loving thought, and expression to every generous impulse do we become our true selves. If we can only realize ourselves as individuated centers of God's life we shall always have plenty to occupy hands and hearts. There is an invariable law that the only way to keep the real things of life is by sharing them or giving them away. As some one has said: "The light that we need for ourselves is given in fullest measure only as we try to help those whose need is greater than our own."

In order not to be lonely, it is of paramount importance that we rise above our own problems and per-

plexities, and do not burden others with our difficulties. An old monk wrote over his cell: "Oh, Lord, keep me from dramatizing my woes, lest I lose my friends."

If we can keep our light brightly burning we will inevitably attract friends. Let us keep in mind that most people are lonely at times, and that our word, or smile, or helping hand may do for them just what we are longing for some one to do for us.

Over 190,000 copies of this anonymous poem have been given free circulation by a man who realized the eternal cry of the human heart.

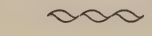
A Solitary Way

There is a mystery in human hearts,
And though we be encircled by a host
Of those who love us well, and are beloved,
To every one of us, from time to time,
There comes a sense of utter loneliness.
Our dearest friend is "stranger" to our joy,
And cannot realize our bitterness.
"There is not one who really understands,
Not one to enter into *all* I feel;"
Such is the cry of each of us in turn.
We wander in a "solitary way,"
No matter what or where our lot may be;
Each heart, mysterious even to itself,
Must live its inner life in solitude.

And would you know the reason why this is?
It is because the Lord desires our love.
(In every heart He wishes to be first.)
He therefore keeps the secret key Himself,
To open *all* its chambers, and to bless
With *perfect* sympathy and holy peace,
Each solitary soul which comes to *Him*.
So when we feel this loneliness, it is
The voice of Jesus saying, "Come to me";
And every time we are "not understood,"
It is a call to us to come *again;*
For Christ alone can satisfy the soul,
And those who walk with Him from day to day
Can never have a "solitary way."

No man is the whole of himself—his friends are the rest of him.

HARRY EMERSON FOSDICK



The solitude that makes saints, poets and thinkers is that habit of spiritual isolation of which physical solitude is the handmaid and the symbol.

ANONYMOUS

X

LITTLE SECRETS OF A HAPPY LIFE

In the Psalms we find the beautiful lines: "He drank of the brook in the way, therefore did he lift up the head."

The brook in the way! How many charming associations the words awaken! The rippling water, the dipping willows, the tender wild flowers, all the little denizens of the wood. There are so many little things to delight one's senses, if one can but pause to enjoy them. Jesus recognized that nature is the outward and visible sign of God. In appreciating beauty we are appreciating God, the supreme artist, who from the highest heavens to the depths of the ocean touches everything with infinite beauty. To a thinking man, a wild flower, a delicate sea-shell, a snow crystal are works of consummate genius. We live too much on our finite side, our thoughts dwelling on sin and sickness, and too preoccupied with the problems of our journey to even stop for refreshment at the brook in the way. If we would "lift up our heads" we must pause to be refreshed by the little blessings that come to us, and keep our senses awake to the beauties that lie all about us.

Another priceless secret of a happy life is to live it day by day. "As thy day, so shall thy strength be." We are not promised strength to bear the burden not yet imposed upon us.

A notably happy woman, when asked the secret of her content, smilingly answered: "I think it is because I was born with a grateful heart." Instead of dwelling on the tragedies about her, she was always finding causes for thanksgiving.

Acts of service are the inevitable outcome of such a life, for joy and contentment are contagious.

Undesirable impressions are constantly presenting themselves, and the only way we can banish them is by giving our attention instead to the opposite, to the ideals that by creating we tend to realize.

If we could only look upon each day as a fresh opportunity for service and go forth courageously to accept each hour's challenge, what a difference it would make in our lives!

No matter how tragic our circumstances, the opportunity for being kind is never withheld from us. And kindness brings its sure reward. "By our gifts we make room for ourselves." Gifts of sympathy and love inevitably make room in the hearts of the recipients for the giver.

Free will consists in this, that we can work with God or against Him. We cannot change or break one of His laws, we can only break ourselves against them.

HARRY EMERSON FOSDICK

Resist not. This is the whole of the law and the prophets. Absolute quiescence and the discovery of love.

JOHN JAY CHAPMAN

Life is a circle whose center is God. Each of us is unconnected with his neighbor, but connected with the center from whom he comes. The nearer the center, the nearer we get to each other. When we get to the center we really become united with each other.

FORBES ROBINSON

A needle can become a magnet by rubbing against a magnet, so we can do God-works by closely relating ourselves to the Healer of all diseases. As the needle must utterly yield itself, so must we utterly yield ourselves.

EMMA CURTIS HOPKINS

To see a world in a grain of sand,
And a heaven in a wild flower,
Hold Infinity in the palm of your hand
And Eternity in an hour.

WILLIAM BLAKE

I cannot lose Thee! Still in Thee abiding
The end is clear, how wide so e'er I roam;
The Law that holds the worlds my steps is guiding,
And I must rest at last in Thee, my home.

ELIZA SCUDDER

The angels keep their ancient places;—
Turn but a stone, and start a wing!
'Tis ye, 'tis your estranged faces
That miss the many-splendoured thing.

FRANCIS THOMPSON

And the stars shall come and build a bridge of fire
For the moon to cross the boundless sea, with never a fear of sinking.
They shall teach me of the magic things of life never to tire,
And how to renew, when it is low, the lamp of my desire—
And how to hope, in the darkest deeps of thinking.

C. Y. R.

May there not be minor as well as major ecstasies, in which the soul receives just enough of the breath of the Spirit to waft it for a brief moment out upon the ocean of the infinite, where it is caught away from itself into communion with the eternal?

JOHN WRIGHT BUCKHAM

There is a minimum of happiness which it is permitted of a man to demand. But no man has the right to demand more, it rests with a man's self to gain the surplus of happiness, not with others.

ROMAIN ROLLAND

XI

THE DUTY OF BEING HAPPY

It seems a strange fact that it is almost more important for us to be happy ourselves than to try to make other people happy. By being happy we confer untold benefits upon our fellow men. Happiness in its highest sense is not in material possessions or in the selfish gratification of personal desires. It is the by-product of a life modeled on the life of Jesus Christ. Second among the "fruits of the spirit," listed in the Bible, is joy. And what does the life more abundant mean but happiness in service, joy in obedience, courage in affliction? The great dynamic personalities of this world have often possessed these qualities.

Happiness is not something to be selfishly striven for. It does not come from the outside, but is a quality of the life within.

Some lives are blessed with security, health, and achievement. These fortunate ones have a glorious opportunity of sharing their gifts with others. All about us are the discouraged, the defeated, and it is the blessed privilege of the more fortunate to pour out love and

sympathy and understanding to the unloved, the weak, the troubled. If we can only recognize ourselves as instruments of God, serving as channels through which His spirit may reach others less fortunate, the blessings that flow through us will inevitably enrich our own lives, and bring us the joy and peace that we desire for others.

But what about the willing spirits who are not blessed with health and success, who are denied the full privilege of service? We can only point to the thousands of triumphant souls, who with little physical help to offer have managed to be sources of inspiration to their fellow men, and radiant centers of God's life.

Any situation, however difficult, lived through victoriously, becomes a model for all those who have to face a similar problem. If we can do no more than meet our present hardship, mental, moral or physical, in an ideal way, we are performing heroic service for God and our fellow men.

Precept is good, but example is infinitely more potent, and those who are not merely telling us how to be patient and courageous under affliction, but are showing us day by day, are performing a much higher service.

I do not say that you can make yourself merry and happy when you are in a physical condition which is contrary to such mental condition, but by practice and effort you can learn to withdraw from it, refusing to allow your judgments

and actions to be ruled by it. "What does that matter?" you will learn to say. "It is enough for me to know that the sun does shine, and that this is only a weary fog that is round about me for a moment." This is faith,—faith in God, who is Light.

GEORGE MACDONALD

There is an idea abroad among moral people that they should make their neighbors good. One person I have to make good, and that is myself. My duty to my neighbor is much more clearly expressed by saying that I have made him happy—if I may.

R. L. STEVENSON

Grant me, O Lord, the royalty of inward happiness and the serenity which comes from living close to Thee. Daily renew in me the sense of joy, fill every corner of my heart with light and life that I may be a diffuser of life and meet all ills and troubles with gallant high-hearted happiness, giving Thee thanks always for all things. Amen.

ANONYMOUS

If you make children happy now, you will make them happy twenty years hence by the memory of it.

KATE DOUGLAS WIGGIN

Happiness is not what you find, it's what you make.
The days that make us happy, make us wise.

JOHN MASEFIELD

O winds, O waters, O mountains,
O earth with your singing sod,

I'm glad of the weather
That brings together
My heart and the heart of God!

C. Y. R.

A thing is only completely our own when it is a thing of joy to us.

ANONYMOUS

If your morals make you dreary, depend upon it they are wrong. I do not say "give them up" for they may be all you have; but conceal them like a vice, lest they should spoil the lives of better men.

R. L. STEVENSON

Those who have not suffered are still wanting in depth; but a man who has not got happiness cannot impart it. We can only give what we have. Happiness, grief, gaiety, sadness are by nature contagious. Bring your health and your strength to the weak and sickly, and so you will be of use to them. Give them not your weakness, but your energy. What others claim from us is not our thirst and our hunger, but our bread and our gourd.

AMIEL

One whose bodily vigor and mental health are undermined by self-sacrifice carried too far, in the first place becomes to those around a cause of depression, and in the second place renders himself incapable, or less capable of actively furthering their welfare.

HERBERT SPENCER

The combination of a sad heart and a gay temper is the most charming and lovable thing the world has got to show. Charles Lamb cultivated sedulously the little arts of happiness. He opened all avenues of approach. He had a subtle gift for enjoyment, and a sincere accessibility to grief.

ROMAIN ROLLAND

XII

INFLUENCE

Few of us realize the power of our words. Of course the spirit of harmony is often disturbed quite as much by what is felt as by what is expressed, but the spoken word, whether carelessly uttered or given with a purpose, has power to harm or heal.

First, there is what some one has called "the policeman's attitude," the indifference to the good and right things, and the concentration on the faults and failings of our fellow men.

If we could only realize that emphasizing people's faults tends to fasten those faults on them, we would be more careful of our judgments. Why do we criticize people? Do we do it to help them, or to discredit them, or for the purpose of analyzing character?

If it is the last, and done with friendliness and understanding, it sometimes can be helpful. But all too often it is the idle expression of an unconsidered judgment, and as such, unfair and harmful. There is much truth in the French proverb: "To understand all is to forgive all."

We have only to remember how often we have been unjustly criticized to realize that our own heedless words are frequently instruments of torture to others. The fact that each of us is facing problems, and struggling with situations unknown to others, should make us more tolerant, and less eager to point out the weak places and criticize them.

But if the negative word has power to tear down, so the constructive word has miraculous power to build up. There are few better ways of serving God than in finding the good in people and stimulating it into action. A virtue often needs only to be brought into the light to flourish.

That wise old Scotsman, Ian Maclaren, once said, "If we walk around anyone long enough we will find a pleasant suburb." Some of us feel that it is not worth the trouble, but once we realize that there is a spark of the divine in the least of us, and that by recognizing and calling it forth we are coöperating with God, the task becomes of enormous importance.

Psychologists assure us that if we make the right appeal to any human faculty, that faculty tends to respond and grow. This puts upon us not only a grave responsibility but presents glorious possibility. Young people especially are receptive and idealistic, and often learn most from following an adored leader. Many successful men and women of to-day claim that their teachers of

English literature, those who introduced them to the masterpieces of poetry and prose and taught them to see beauty for themselves, supplied the greatest influence of their youth.

Love's secret is to be always doing things for God, and not to mind because they are such very little ones.

F. W. Faber

Men's actions are very difficult to judge. Nobody can judge them but God. . . . Our habit of judging is so nearly incurable, and its cure is such an interminable process, that we must concentrate ourselves for a long while by keeping it in check, and this check is to be found in kind interpretations. Sight is a great blessing, but there are times and places in which it is far more blessed not to see.

F. W. Faber

This is what the heart of mankind craves today: not people who dwell upon the mountain tops in a world of their own, but those who bring the spirit of the Mount of Vision down into the valley where there is sin and suffering, and inspire and uplift those who are helpless and hopeless, giving them new visions, new desires.

M. B.

Spring is the great Evangel; with three buds
She can fill all but a fool's heart with God.

C. Y. R.

To utter a pessimistic thought is to create an atmosphere to correspond, and thus to bring upon you the thing you fear.

FENWICKE HOLMES

Make the most of your best for the sake of others.

SIR EDWARD BURNE-JONES

To help a brother up the mountain while you yourself are only just able to keep your foothold, to struggle through the mist together,—that surely is better than to stand at the summit and beckon.

FORBES ROBINSON

For I think that all right use of life, and the one secret of life, is to pave ways for the firmer footing of those who succeed us.

GEORGE MEREDITH

Personal piety is the deep possession in one's own soul of the faith and hope and resolution which are to be offered to one's fellow men for their new life. Nothing but fire kindles fire.

PHILLIPS BROOKS

Never consider any good hope baseless. A seed must have been on the spot where a flower blooms.

ANONYMOUS

XIII

SPIRITUAL THINKING

Among our multitudinous duties none is more important than that of directing our thoughts and not allowing them to wander at will. Much nervous energy is lost by going over the past with remorse, by worrying over the present, and fearing the future. Thoughts rightly directed can have great influence not only over us but over others. The greatest things in art, in science, in life have been accomplished by some one's directed thinking.

It is only by persistent effort that one can train the mind to think along healthy, constructive lines. First of all we must avoid useless emotions. It has been said that "nothing hinders progress like emotion." This of course means allowing the heart to usurp the place of the brain, letting our imaginations become destructive rather than constructive, and reacting unduly to other people's feelings.

In our love and sympathy for others it is so easy to dwell upon their problems, to agonize with them over their sorrows, and to dramatize their unhappiness. The

way to truly help them is to make them even temporarily forget their discomforts, to lift them into a higher and serener atmosphere, and to share with them whatever peace and contentment may be ours.

Dr. Worcester says there are three great forces of our inward life by which we can create the world we live in. The power of attention, the power of the will, and the power of directing the subconscious mind. Things are of importance to us just so far as we pay attention to them. In nothing is this more true than in reactions to the weather. Some sensitive people spend much of their time complaining of the heat, the cold, the dampness, the dryness, while others, interested in more vital concerns, scarcely know whether the day is fair or gray. And so it is with personal slights and imagined affronts. If one can ignore them they cease to be. By giving our attention to the faults and foibles of others we help to create them, whereas by persistently looking for nobility and kindness we seldom fail to find them.

The second force by which we govern our world is the power of the will. The highest impulses, the best intentions must of necessity be harnessed and controlled by a strong and persistent will.

Any one who has successfully followed one of the arts, knows the necessity of grimly holding oneself to the task at hand. Through disappointment, discouragement, and

despair, the will to go on must ever hold one to the course. And in the grimmer aspects of life, when chaos seems imminent, the will to cleave to the highest, regardless of consequences, is what leads to success.

The third force, the directing of the subconscious mind, leads us back to the necessity of spiritual thinking. Some one has said that what a man does with his solitude reveals his character. Surely what a man tells himself with deepest conviction is what becomes truth to him. The subconscious mind being deductive accepts the strongest impression made upon it, so it is our duty and privilege to see that images of beauty and truth are constantly kept before us.

It is good often to take stock of our thoughts and resolutely cast out those that are cluttering our minds. Anger, envy, jealousy, bitterness, hatred—how useless they are and how harmful! We may repress them, and flatter ourselves that nobody knows we harbor them. But they make their mark upon us mentally, morally, physically. And the worst of it is they are contagious, spreading inevitable contamination to those weaker than ourselves.

By spiritual thinking we acquire priceless gifts, not the least of which is the ability to find hidden graces in our fellow men, graces which we may interpret to others.

Whatever kind of thought we send out will rebound upon ourselves strengthened and augmented to build us up or pull us down.

M. B.

Whoso has felt the Spirit of the Highest
Cannot confound nor doubt Him nor deny:
Yet with one voice, O world, though thou deniest
Stand thou on that side, for on this am I.

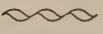
F. W. H. Myers

Man is by nature fearless. As his mind relaxes and his vision enlarges, as he becomes aware that he is himself the creature of a superior force moving in a larger universe than he had guessed, he gains that normal courage which nothing else can give.

John Jay Chapman

Look that thou thyself art in order, and leave to God the task of unraveling the skein of the world and of destiny.

Amiel

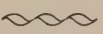


It is always so much easier to be moral than it is to be spiritual.

Mary Austin

To know one's soul apart from the self is the first step towards the realization of supreme deliverance.

Rabindranath Tagore



An ancient poet sang of the beauty of holiness. The modern poet sings of the holiness of beauty. Both of these are

revelations of God. Thinking of God reverently, confidently and steadily, there will be born in you the ultimate value which is godliness. If you will brood upon truth, goodness and beauty, their reflections will be incarnate in your own spirit.

CHARLES ATWOOD CAMPBELL

XIV

GUIDANCE

What a blessed thing it would be if in all times of perplexity and bewilderment we could turn confidently to God and say: "Show Thou the light, guide Thou the way."

Like little children we long for some one to cling to in times of trouble. But human friends are so apt to be influenced by worldly standards, so limited in their wisdom, that no matter how loving and eager to serve us they may be, they often fail to give the help we so sorely need.

It is only the "still small voice" that can say the right word, and it is only by being very patient, and humble, and trusting, that we can hear it. Through prayer we must seek to know God's will, and to fit our lives into the pattern of His purpose. This acquiescence is very hard, especially when it goes contrary to all our ambitions and dearest hopes; but we have the promise in the Psalm: "I will instruct and teach thee in the way thou shalt go."

F. W. Robertson, in one of his fine sermons, says that

duty is never uncertain at first; that it is only when we get involved in the mazes of wishing things were otherwise than they are that it seems indistinct. God's guidance, he claims, is plain when we are true.

We need only obey. There is guidance for each of us, and by lowly listening we shall hear the right word.

RALPH WALDO EMERSON

When the Unknown takes thy hand,
Let Him lead thee where He will:
Perchance He may guide thee still
To the vision of His truth.

JACOPONE DA TODI

Bid then the tender light of faith to shine
By which alone the mortal heart is led
Unto the thinking of the thought divine.

GEORGE SANTAYANA

God broadcasts His messages and only those whose instruments are rightly tuned can receive them. He seeks to reveal Himself all the time, and the difference of reception lies not with Him but with us.

MAUD ROYDEN

He will provide along with trial an escape to make it possible for us to endure.

THOMAS À KEMPIS

XV

PRAYER

A certain old lady said she had ceased to pray for anything save a strong chin on which to take her blows. This stoical attitude, while good in its way, touches only one side of the question.

Prayer is our approach to God, our method of speaking to Him and listening for His answer. An earnest appeal to the Source of Life opens our being for the reception of health and harmony of spirit. It is through prayer that we learn to come into accord with God's will, to find counsel in perplexity, and courage to face our problems, and those of our loved ones. By remembering them in our prayers we can make ourselves the connecting link between them and God, for we cannot honestly pray for others without being filled with the desire to help them. In sincere prayer, self-assurance, self-assertion, self-reliance give way to faith, humility, and obedience.

There are many kinds of prayer, those of petition, of thanksgiving, of appropriation, of communion. Real prayer is always an intimate personal fellowship with God, an opening of the heart to a Divine Friend who

knows and understands all, and has the power to help and heal the most sorely afflicted.

We are often discouraged because our prayers do not seem to be answered. In nothing is our faith more sorely tried than in the fact that an all-loving God will permit sin and disease, disaster and ruin to overtake His children. But so long as He gives us even partial free will, so long as He allows our lives to be partly controlled by heredity and environment, just so far does He limit His own power to interfere even for our own good.

But while we cannot expect to have our personal petitions always gratified, we may confidently count on God's meeting the soul's greatest need, not perhaps in our way but in His.

We can by true prayer keep ourselves in a receptive attitude of willingness to do what God wishes, and thus bring about the greatest good to ourselves and others. Prayer will not change God's purpose but it can give it the opportunity of accomplishment. The most loving of human fathers cannot give his son an education unless the son is willing to take it. So man must have a receptive heart before God can bestow on him His best gifts. He must ask humbly, not for what he wants, but for what God wants to give him for his highest good.

The old saying, "At wit's end lies God," is true, but it is also true that if we sought God sooner we might never reach "wit's end." Too many reserve the highest

appeal for the emergency, instead of making it an habitual attitude.

Any human function that has persisted through the ages and has produced the finest spirits of all time must correspond with Reality. Such a function is prayer, and the necessity for it has been as persistent as the demand for food.

Until we have prayed we cannot do more than pray.
After we have prayed we can do *more* than pray.

ANONYMOUS

In the highest prayer, one gets into harmony with God, gets into His state of mind, sees things as He does. One then knows what to say and how to say it. In such union with Omnipotence, one cannot fail to produce results.

VON EPS

The soul which loves God for His own sake gladly escapes from the business of the world to think of Him, recollects Him in little chinks and intervals of time, takes occasion of all things to think of Him, and is glad of the hours of prayer to be with Him.

EDWARD B. PUSEY

Prayer has failed in some because it has appeared to them as an obligation rather than a privilege. The man who misses the deep meaning of prayer has not so much refused an obligation; he has robbed himself of life's supreme privilege —friendship with God.

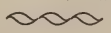
HARRY EMERSON FOSDICK

He asked for strength that he might achieve;
He was made weak that he might obey.
He asked for health that he might do greater things;
He was given infirmity that he might do better things.
He asked for riches that he might be happy;
He was given poverty that he might be wise.
He asked for power that he might have the praise of men;
He was given weakness that he might feel the need of God.
He asked for all things that he might enjoy life;
He was given life that he might enjoy all things.
He has received nothing that he asked for, all that he hoped for.
His prayer is answered; he is most blessed.

ANONYMOUS

Adoration, confession, thanksgiving, consecration, communion—these are the great prayers of the soul.

HARRY EMERSON FOSDICK



As the social self can only be developed by contact with society, so the spiritual self can only be developed by contact with the spiritual world.

EVELYN UNDERHILL

Prayer comes to mean, more and more, the opening of the heart to the Divine, including an outreach to the sacred souls in the circle of one's affection, as all embraced within the Eternal Love.

JOHN WRIGHT BUCKHAM

XVI

LIFE MORE ABUNDANT

The chief characteristic of a Christian should be a dynamic quality that shows itself in the nature of his personality and his service. He must be lifted above his limitations and able to lift others above theirs by his faith and union with the Divine.

Love is the secret of the Christian life, not only love of God, but love for our fellow men. Once we have a right outlet for our instincts, and desire to be fellow-workers with God, endless opportunities present themselves. And just so far as we work in joyous dependence upon a higher power, and not burdened by a sense of personal responsibility, will we be successful in our efforts.

A radiant, loving personality cannot fail to have its effect on any community. Reflecting light is one of a Christian's first duties, not through conscious effort, but by achieving such quiet serenity and poise, and joyous confidence, that the divine can shine through.

However great a man's achievements may be, if he does not possess the dynamic quality of love he can never have the life more abundant. The most effective

personalities have ever been those filled with love in addition to their other gifts. For the very nature of love is to expand, to find expression in giving.

Some there are who aim to do good, without realizing the necessity of first being good. Too many professed Christians faithfully perform all the duties of the church and spend their lives in good works and yet fail to follow the tender loving example of Jesus Christ. In fact, with some the very ideal of perfection makes them intolerant and unforgiving of those who fail to live up to their standards. It was a wise philosopher who spoke of "the creative charity which wins and redeems the unlovely by the power of love."

Life more abundant can only be gained by transforming our individualistic lives of morbid self-consciousness and sensitiveness into the universal life which all may share. So long as we dwell upon our own successes or failures, our lack of health, what people think of us, what the world owes us, we can never rise to fellowship with Christ, who lived in the present and left the future to God.

As Jesus was the Son of God by virtue of the unity of His spirit with God, so do we by the same spirit gain power to become the sons of God. We are enabled by this Spirit to enter into His purpose, and to understand it because His Spirit is in us.

MAUD ROYDEN

From the point of view of happiness, the problem of life is insoluble, for it is our highest aspirations which prevent us from being happy. From the point of view of duty, there is the same difficulty, for the fulfillment of duty brings peace not happiness. It is divine love, the love of the holiest, the possession of God by faith which solves the difficulty; for if sacrifice has itself become a joy—a lasting, growing, and imperishable joy—the soul is then secure of an all-sufficient and unfailing nourishment.

AMIEL

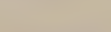
The Day's Needs

Each day I pray, God give me strength anew,
To do the task I do not wish to do;
To yield obedience, not asking why;
To love and own the truth and scorn the lie;
To look a cold world bravely in the face,
To cheer for those that pass me in the race;
To bear my burdens gaily, unafraid;
To lend a hand to those that need my aid;
To measure what I am by what I give.
God, give me strength that I may rightly live!

British Weekly

There are witnesses in the world to the fact that a compelling power exists in the world—little understood, even by those who are inspired by it—which presses men to transcend their material limitations and mental conflicts, and live a new creative life of harmony, freedom and joy.

EVELYN UNDERHILL



To reach a one-ness with God involves much of persevering progress, often deep agony and suffering. To attain it one may have to pass through the "Dark Night of the Soul." But when once attained it is abundant life.

JOHN WRIGHT BUCKHAM

Religion is the life of man in gratitude and obedience and gradually developing likeness to God.

PHILLIPS BROOKS

To suffer woes which hope thinks infinite;
To forgive wrongs darker than death or night;
To defy power which seems omnipotent;
To love and bear; to hope till hope creates
From its own wreck the thing it contemplates;
Neither to change, nor falter, nor repent;
This, like thy glory, Titan, is to be
Good, great, and joyous, beautiful and free;
This is alone Life, Joy, Empire, and Victory!

P. B. SHELLEY

XVII

FORGETTING SELF

Tagore has said: "Sin is the defeat of a man's soul by his self." This wise saying holds a lesson for us all. A simple test will prove how self-absorbed most of us are. For one hour let us note how the personal pronoun "I" dominates our conversation, how we deflect general topics to personal application, how what happens to us seems of more importance than what happens to others.

Life holds no subtler temptation than that of dwelling upon one's own sickness, sin or sorrow. All too often it becomes a morbid obsession darkening the life not only of the individual, but also the lives of those with whom he comes in contact.

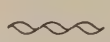
The richest, fullest lives are those that reach beyond the personal to the infinite. We have a double nature, the physical and the spiritual. We must do justice to both, but keep the spiritual ever in the ascendent, our aim being to rise "out of matter into spirit, out of self into God."

In no way can this be better accomplished than by forgetting ourselves in serving our fellow men. No mat-

ter how meager our environment, how limited our resources, there is always the opportunity to serve.

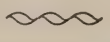
For Thou hast formed us for Thyself
And our hearts are restless, till they find rest in Thee.

ST. AUGUSTINE



We would remember before Thee the wants and sorrows of our fellows. Have mercy upon any who are entangled in earthly things, who maybe have given up all hope of the higher life. Be present with Thy help to the tempted. By some sacred memory or dear affection reinforce the powers of the soul, that the mind may think only of what is fair and lovely and of good report, and the will resent to the uttermost the assault of wrong.

SAMUEL MCCOMB

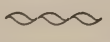


The man who has come through the ceremony of discipline for long years by winning mastery over self, has simple wants, is pure in heart, and ready to take up all the responsibilities of life in a disinterested largeness of spirit.

RABINDRANATH TAGORE

Each one, according to his resources, leisure and capacity, should create relations for himself among the world's disinherited.

CHARLES WAGNER



We must learn that an individual hope, aspiration, ambition, is against the law of the universe, the law of self-sacrifice. We must learn that our wills are ours to make them God's.

FORBES ROBINSON

The world cannot be saved without the cross. No noble life has ever been led without sacrifice and suffering. While we clamor for happiness, for pleasure, luxury, self-expression, the sublime and perfect sacrifice of Christ puts us to shame.

ELWOOD WORCESTER

XVIII

IDEALS

There is a psychological law that no sooner have we formed a definite ideal in our minds of what we want than the forces of our being combine to fulfil it. It depends upon us how high and definite this image is, and how persistently we keep it before us. The man with negative thoughts and low ideals who says "I cannot" before he has even tried, is doomed to failure.

It is well to form a definite picture of ourself as we want to be, and then act as if that ideal were the true self until it tends to become so. The French have a saying, "It is no crime to be ugly, but it is a crime to dress as if one thought oneself ugly."

We can only have self-realization through self-expression—the very expression is a part of the process of realization. When our thoughts are inspired and molded by the divine ideal, we are inevitably changed by this renewing of our minds. It is the difficult duty of the idealist to see things clearly, and yet rise above the daily discouragements and disappointments, and see the divine possibilities to which man through many gropings may attain.

The God-conscious man sees in every one, no matter how great a sinner, a spark of the divine. He never identifies the sin with the sinner, but while condemning it, he holds fast to the potentiality for good, which often by being visualized and kept constantly in the foreground, becomes an ideal, and often an actuality.

Suppose, for just one day, we could refrain from unjustly condemning, from making disparaging remarks about others, from expressing a doubt or a fear, what an achievement it would be!

The fascinating thing about ideals is that no sooner have we gained a desired peak than we find farther and higher peaks beyond. The thrilling adventure never ends.

The central reason of life perhaps lies in the pursuit of ideals. Evolution is but the quest for something higher, more adequate. The arts are the result of dreams of idealists. All the higher forms of life have evolved from some one's ideal of justice, liberty or beauty, and the belief that nothing is too good to be true.

In the realm of the spirit we discover in Jesus Christ the perfect revelation of God, one in whom the whole human race can find a satisfying and permanent ideal.

To see visions, true visions, and dream dreams, true dreams, this is the work of the Holy Spirit in us.

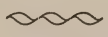
MAUD ROYDEN

Man's highest merit always is as much as possible to rule external circumstances, and as little as possible to let himself be ruled by them. Life lies before us, as a huge quarry lies before the architect; he deserves not the name of architect, except when out of this fortuitous mass, he can combine, with the greatest economy and fitness and durability, some form, the pattern of which originated in his spirit. All things without us are mere elements, but deep within us lies the creative force, which out of these can produce what they were meant to be.

J. W. von Goethe

To see Christ is to love Him: to love Him is at least to begin to resemble Him. That is a spiritual law.

Maud Royden



An ideal which a man can achieve in his lifetime is unworthy of the reach of his imagination, the chivalry of his spirit, the hardihood of his faith. Only such tasks and ambitions are worthy of us which lay bare the finitude of our bodies, and the infinitude of our souls, the impotence of flesh, and the omnipotence of spirit, the brevity of our days and the eternity of our dreams. Blessed is the man whose dream outlives him! The flame of life may burn low, but from the undefiled altars of his ageless soul the holy incense of his vision will rise heavenward.

Rabbi Silver

Discipleship to Jesus means dealing with ourselves with inner genuineness, with our fellows with utter good will, with God with perfect confidence.

Harry Emerson Fosdick

I would fain be to the Eternal Goodness what His own hand is to a man.

Theologia Germanica

One of the permanent possessions of the human heart is the memory of its noble enthusiasms.

Ida M. Tarbell

XIX

COURAGE

Sometimes the highest courage lies in silent endurance. To refrain from communicating physical or mental anguish to those with whom we come in contact often takes an almost supernatural strength. There are so few to whom we dare bring our burdens. Truly "every heart knoweth its own sorrow," and no one can know how heavy this sorrow may be. In affliction, our inclination is to reach out in every direction for aid, to seek escape from misery if it is only by sharing it with another. Those nearest to us, if they truly love us, claim this privilege. If they are strong and able to meet our needs we have the right to call upon them, as we should want them to call upon us. But toward the world at large one must, as far as possible, maintain an air of cheerfulness, or at least of stoical acceptance, so long as it is possible.

One can show courage in his carriage, in his dress, in his voice. A very ill man was answering a telephone call from a hospital. His friend said: "Your voice does not sound ill." "No," said the patient, "my voice isn't ill."

Curiously enough, one's courage often flags in letters.

In the correspondence of some of our greatest men we find pages of despair poured out to a friend. One is tempted to put morbid or pessimistic thoughts into the secret enclosure of an envelope that one would never utter aloud. It is a good plan never to express discouragement or despair unless you are seeking advice or help. Always remember that the mood in which you write to-day may be quite different by the time the letter is received, and the circumstances that inspired it may have changed materially.

If one must speak or write of one's troubles, let it be as briefly and as unemotionally as possible. A charming old lady once told me that she never took more than nineteen words to say how she was. Make the test upon yourself and see how many words you take.

We think of courage as something splendid and active, linked up with daring adventure, and physical bravery. Such courage seldom goes unrewarded, it brings its own recompense. But the greatest courage is the silent endurance of pain and sorrow, the cheerful carrying on in the face of failure and defeat, the ability to suffer and yet not make others suffer. Such courage is the supreme evidence of a Christ-like life.

One of the most courageous utterances I know is that of Helen Keller, who said: "I, who have never heard a sound, tell you there is no silence, and I, who have never seen a ray of light, tell you there is no darkness."

Vis Ultima

There is no day but leads me to
A peak impossible to scale,
A task at which my hands must fail,
A sea I cannot swim nor sail.
There is no night I suffer through
But Destiny rules stern and pale:
And yet what I am meant to do
I will do, ere Death drop his veil.

And it shall be no little thing
Tho to oblivion it fall,
For I shall strive to it thro all
That can imperil or appal.
So at each morning's trumpet-ring
I mount again, less slave and thrall,
And at the barriers gladly fling
A fortitude that scorns to crawl.

CALE YOUNG RICE

Success as Shakespeare and Sophocles understood it is the persistence of man's potential nobility in the teeth of circumstance, and up to tragedy and beyond it.

HENRY SEIDEL CANBY

Courage is grace under pressure.

ERNEST HEMINGWAY

What is truest for man is what best fortifies him.

CHARLES WAGNER

We are so constituted that we can adapt ourselves to almost any condition, if only a friendly hand is reached out to us, if we only hold fast to our faith in the conquering might of the spirit.

HELEN KELLER

When it is too late for man
It's early yet for God.

EMILY DICKINSON

The most sublime courage I have ever witnessed has been among that class too poor to know they possessed it, and too humble for the world to discover it.

GEORGE BERNARD SHAW

This life is a fort committed to my trust
Which I must not yield up till it be forced;
Nor will I. He is not valiant that dares die
But he that boldly bears calamity.

MASSINGER

Greek lines upon a drowned seaman:

A ship-wrecked sailor, buried on this coast,
Bids you set sail.
Full many a gallant bark, when he was lost,
Weathered the gale.

XX

SMILING SAINTS

Religion is all too often associated with sadness and austerity. There seems to be a feeling abroad that humor and religion are things that have no concern with each other. Yet what more potent instrument for good than a kindly humor? What better tonic than a merry laugh?

Horace Walpole dared to think that the angels have enough fun in them to be constantly diverted with our ridiculous antics. We have read that a man may smile and smile and be a villain, but there is no saying to the effect that a man may smile and be a saint.

The psychological fact that a man's physical attitude affects his mental state of mind provides us a valuable hint. When depressed we can at least assume cheerfulness, keeping our chins up, our voices firm and positive, and our carriage erect.

One can preserve a reasonably gay spirit, even with a heavy heart; a willingness to make others happy when one is not happy himself.

A recent best-seller which set the world to laughing,

and provided clean and wholesome merriment to thousands, was written by a man on his death-bed. He, too, was probably made happier in those last hard days by keeping his mind on something amusing, instead of brooding on his malady.

To keep afloat a good story, to pass a gay compliment, to share an amusing cartoon, may be little things in themselves, but they often serve to lighten the burden of some one's day.

"A good woman in the worst sense of the word" was the ironic description of an over-serious type. It immediately brings to mind the critical, austere, sour-visaged female who goes about acquiring merit by good deeds, but incidentally showing her superiority over her weaker brethren.

If we can bear discipline and still keep our ideals and our enthusiasms intact; if we can suffer and yet not become bitter or pessimistic; if we can, as far as in us lies, keep our own sorrows from shadowing the lives of others; if we can continue to smile in the face of defeat; then we have achieved a spiritual victory no matter what the outcome.

God give me sympathy and sense,
And help me keep my courage high.
God give me calm and confidence
And—please—a twinkle in my eye.

ANONYMOUS

Life holds but few laughing angels.

KARSAVINA

I imagine that I shall retain my laugh in Death's ear, for that is what our Maker prizes in men.

GEORGE MEREDITH

"A wave went right over me," said the child, "but I didn't mind because I'm a little laughing girl, and laughing girls are different."

CHRISTOPHER MORLEY

God is glorified not by our groans, but by our thanksgivings.

WHIPPLE

XXI

FORGIVENESS

One of the minor sins that causes untold unhappiness is that of an unforgiving spirit. Those who call themselves Christians often reserve the right to hate, and even when they do not go that far, they will say complacently: "I can forgive, but I cannot forget." In order to truly forgive, we cannot harbor an old grudge, resent an old injury, be secretly pleased at another's misfortune.

Nor can we treat those whom we dislike with what William James calls "the crime of impersonality." To act toward any fellow man as if he did not exist, to ignore him, and humiliate him is far from the spirit of Christ.

How few of us really mean it when we pray: "Forgive us our trespasses as we forgive those who trespass against us." In our hearts we are asking and expecting far more leniency than that. No one should dare say that prayer who refuses to speak to one of his fellow men, who feels ill-will or hatred toward another.

As long as cruelty and injustice exist, there will be resentment and righteous indignation against offenses. But even when the one injured may be compelled to

withdraw his friendship and his confidence, he may still preserve a charitable attitude to the offender, and by trying to see whatever good may be in him, thus help to develop it.

There is nothing that gives one more power over an enemy than to forgive him. If he be ignoble he will know how to meet hatred with hatred, cruelty with cruelty, injustice with injustice; but before mercy and compassion and kindness he is helpless. If, on the other hand, he has a spark of nobility in him, he will kindle at the first sign of forgiveness, and try to be worthy of it.

Few people realize the danger of harboring hatreds. Anger, however justifiable, usually brings more harm to the indulger than to the one against whom it is directed. Laboratory tests show that definite chemical changes take place in the body under stress of any disturbing emotion. Poison is produced not only in the blood but in the cell tissues.

When an unwholesome attitude of mind is allowed to continue, it becomes an obsession, and crowds out all possibility of tenderness, understanding, and magnanimity.

It is more easy to forgive others if we can realize that almost daily we are guilty, consciously or unconsciously, of wounding others. A thoughtless word, a tactless act may be taken personally and rankle in the heart of another as a grave offense.

The most beautiful prayer Christ ever uttered was when, in the very act of being crucified, He said: "Father, forgive them, for they know not what they do."

Should not the memory of those sublime words make us ashamed of our petty resentment and bitterness and hardness toward those who have wronged us?

He that cannot forgive others breaks the bridge over which he must pass himself: for every man has need to be forgiven.

HERBERT

Forgiveness of injury is love of God, penance and absolution all in one.

JOHN JAY CHAPMAN

Give me such mercy and compassion that I may never fail to do all acts of charity to all men, whether friends or enemies, according to Thy command and example.

THOMAS À KEMPIS

Forgiveness is an act by which the sin is made to disappear out of the sinner's consciousness, as disease is made to disappear.

MARY AUSTIN

It is sometimes harder to forgive those whom we have wronged, than to forgive those who have wronged us.

A. H. R.

His heart was as great as the world, but there was no room in it to hold the memory of a wrong.

RALPH WALDO EMERSON

XXII

OUR REACTIONS TO LIFE

There is no doubt that we make our lives by the thoughts we permit to dominate our consciousness. We cannot control what happens to us, but we can, in a measure, control its effect upon us. The meaning of any sensation presented from without is determined by our inner reaction to it. If we are tuned in to all the miseries and meannesses of life, we become morbid and pessimistic. If, on the contrary, we seek to see the good in everything and persistently keep our mind full of the beauty and harmony about us, we grow into a state of peace and gratitude.

As some one put it: "An undisciplined, self-pitying soul would be wretched in Heaven, and the upright soul would not slump even in Hell."

Our subconscious minds are entirely under the control of impressions made upon them, and if we would be normal, healthy-minded creatures, we must shun thoughts of disease, fear, worry, and other nagging anxieties that beset our daily path.

Few of us can go so far as the Stoics and declare that

the external thing cannot get into the citadel of the mind, and affect it, unless we allow it. Those who are actuated by the Christian ideal of bearing one another's burdens, and doing unto others as we would have others do unto us, cannot conscientiously accept this hard and cold individualism. We are so welded together in the bond of humanity that what happens to one happens to others.

In order to have larger knowledge and understanding of life we must be keenly susceptible to external impressions. It has been said that the degree of genius in a man can be gauged by his sensitiveness. But unless this sensitiveness is controlled it is a bane instead of a blessing.

Two equally musical persons may attend the same concert, and one will be acutely conscious of every defect and the other equally aware of every subtle beauty. It is not that the first does not hear the beauty or the latter perceive the discord, but that the two hearers are choosing what their minds shall respond to.

Many people give sensitiveness as an excuse for getting their feelings hurt on the slightest provocation, when it is really their self-love which is the cause of their trouble.

By controlling thinking man can rise superior to his environment, and successfully ignore conditions which he cannot control. Some are unduly susceptible to drafts, noises, light, temperature, etc., while others equally sen-

sitive can raise their "thresholds of consciousness" so that these conditions cease to exist for them.

It rests largely with us whether we are to be masters or slaves of our sensations.

Daily mold your thoughts into finer form that Creative Mind in you and around you may bring forth a world for you of fairer form. Think thoughts of truth that you may be guided by supreme wisdom; think thoughts of faith that you may have the peace of God.

FENWICKE HOLMES

We are to be conductors of the divine energy: not insulators.

ANONYMOUS

Ethical rightness is no mere matter of opinion, but a living principle, a thing to be eternally sought after, whether one lose or win by it.

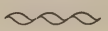
MARY AUSTIN

All mental states are followed by bodily activity of some sort. They lead to changes in breathing, circulation, general muscular tension.

WILLIAM JAMES

There is never a particle of an idea in our mind which is not the starting point for external discharge.

HUGO MÜNSTERBERG



If you are content to be a mere bystander while others play the game you shall have your reward: you will not be hurt,

you will not be ostracized, you will not be thrown into jail; you will be just a hanger-on, a poor half and half, and when you die nobody will note your passing, and nobody worth while will shed a tear, and your epitaph will be "Born a man, died a zero."

I challenge you, I dare you, to enter into the one superb aristocracy in heaven and in earth, the aristocracy of Christian heroism.

CHARLES ATWOOD CAMPBELL

Tolerant plains, that suffer the sea and the rains and the sun,
Ye spread and span like the catholic man who hath mightily won
God out of knowledge and good out of infinite pain
And sight out of blindness and purity out of a stain.

SIDNEY LANIER

XXIII

THE RIGHT USE OF SYMPATHY

One of the divine attributes of man is the power to sympathize. The ability to put ourselves in another's place and to feel his sorrow gives us the chance to help him that nothing else can. The quick awareness of another's need, the understanding of his motives, the readiness to take upon ourselves his burden, are all part of the Christian ideal.

Yet there is a false idea of sympathy which can do infinite harm. The moment we begin to "feel sorry" about ourselves or some one else, without doing anything to alleviate the suffering, we are degenerating into sentimentality. No person should want pity; it not only suggests weakness on the part of the recipient, but also selfishness in wanting others to suffer because we do.

We go to one friend in trouble and he comes down to our level of misery, and pities us and condoles, and we depart, loving him and grateful for his sympathy but weakened by the interview. We go to another friend who refuses to enter into our unhappy mood, but insists

upon lifting us to his level of courage and serenity. We come away from the latter a little chilled, perhaps, but braced to meet the situation.

Genuine sympathy enables us clearly to perceive the condition of another, but with a self-control that prevents discordant thought or feeling. The moment we let our own emotions get out of hand, we are no longer able to help. Whatever hinders efficiency in aiding others is wrong.

Sympathy can be destructive as well as constructive. To mourn hopelessly with those who mourn, suffer with those who suffer, despair with those who despair, and get angry and vindictive with those who have a grievance, seldom helps the sufferer.

Doctors and nurses will tell you of the different effect visitors have upon their patients. There is the noisy, over-cheerful visitor, so engrossed with the outside world that he has no relation to the one who is shut in by pain and suffering. There is the over-sympathetic type who by pitiful words and sorrowful looks lets down the morale of the patient. To be really helpful one must have the tender sympathy that establishes a bond with the sufferer, and at the same time the upward glance that sees beyond sin and sickness and want, and visions the ideal.

Would that we could have in every hospital such a resident visitor, one who could slip in to the patients in

their dark hours, and, with sympathy and understanding, minister to the illnesses of the soul!

Some doctors and a few nurses have this divine gift, and in exercising it follow in the footsteps of the Master.

Infinite sympathy is needed for the infinite pathos of human life.

ANONYMOUS

Words are good, but there is something better. The best is not to be explained by words. The spirit in which we act is the chief matter. Action can only be understood and represented by spirit.

J. W. VON GOETHE

Never does a man portray his own character more vividly than in his manner of portraying another.

JEAN PAUL RICHTER

XXIV

HINTS TO A CONVALESCENT

Those who have passed through serious illness know the difficulty of coming back to normal life. To be better one day and worse the next, to be unable to put out of one's mind all the horrors of the recent experience, to be confronted with weakness and the inability to meet the ordinary demands of life test the courage of the bravest. Metaphysicians tell us that it is easier to get the body well than to get the mind to realize its wellness.

The first thing for us to impress upon our minds is the fact that the body tends to health and that a God-given power of healing is always going on provided we do not interfere with our doubts, anxieties, and fears. One has only to watch the self-healing of an injured tree to realize this fact. Nature often shows an intelligence greater than any man can manifest.

But there are ways in which the convalescent can assist both the physician and nature. First, he can keep before him the image of a perfect body. It is only by concentrating upon what he wants that he may hope to attain. Henri Bergson, the great idealist, says: "In a con-

scious being to exist is to change, to change is to mature, to mature is to go on creating ourselves endlessly."

A few simple rules, if followed, will help convalescents to keep up their morale:

1. Indulge in no pessimistic speeches about yourself or others.

2. Adopt a positive, cheerful tone of voice.

3. Avoid all reference to your illness except when necessary.

4. Destroy any letter in which you have said things about yourself that tend to distress others.

5. Maintain a carefulness about your dress. One who is not well has more reason to be careful than one who is at her physical best.

These suggestions may seem absurdly simple, but only one who has been through the ordeal of a serious illness and emerges weak and shattered can know how difficult they are.

There may be moments of depression in which you think your faith is gone, but if beneath all there is that steady tendency of the thought toward health and happiness, then in that case the process of healing is still going on within you.

F. L. Holmes

The great law of Cause and Effect operates everywhere: put into operation your own idealism and you will draw to

yourself harmonious, superior influences which will produce corresponding effects in your own life. Every effort you put forth will produce some effect—that is inevitable.

MARK GILBERT

XXV

LOW TIDE

To all deep natures there must inevitably come periods of despair. The cause may be physical, mental or moral, it may come from one's own personal problems, or have to do with the sickness, sorrow, and evil of the world. At such times the noblest souls are sometimes tempted to envy their more phlegmatic, selfish brothers who are nearer the nature of animals. Yet few, blessed with keen sensibilities, creative imagination, and the capacity for intense enjoyment as well as keen suffering, would willingly descend to a lower level.

We are dismayed and perplexed when overcome by these times of temporary defeat. We feel that we cannot endure this pain, this sorrow, this disappointment. All about us we see many for whom life is a daily—yes, an hourly—struggle. Again and again we ask that the cup of bitterness may pass from our lips and theirs.

But when we realize that Jesus had His moments of anguish; that He too cried out in despair, and that in the intimate hour His spirit triumphed over the flesh, then we are sustained and upheld.

One of the most painful yet necessary phases in the development of our soul, is the realization of our impotence. We want so passionately to travel even to heaven in our own way. We want to lead active, interesting lives that give full scope to our eager, energetic egos. Yet there comes a time to all of us when we must cease all conscious striving and planning, all "bossing of Providence" and trust ourselves wholly and completely to God. It is hard to suffer passively, and yet in complete submission we sometimes find the only way out of our difficulty.

This does not, however, relieve us of all responsibility. As long as God has given us intelligence we must cooperate with Him in all ways possible.

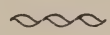
The mind, as we know, has two ways of acting, objectively and subjectively. We can perform a task, like playing the piano, by an act of will, but if we do the exercise long enough it is taken over by the subjective mind, and we do it subconsciously or automatically. This is also true of our mental attitude. We may first have to hold our thoughts consciously to health and peace and harmony against every evidence to the contrary, but if we persist we can get these thoughts into our subjective mind where they will function automatically and produce the results desired. While the subjective mind is creative it works always on the strongest suggestion given to it, so it is of paramount importance

that we furnish it the most perfect ideals upon which to work.

There is much to be learned in hours of illness and sorrow if we can only view them with the eyes of faith. The sense of weakness and helplessness may be the very thing we need to bring us to the Father for strength and courage. Even though we grope in darkness, He knows the whole way in which we should go for our highest development.

Faith, as Christ uses the word, is another name for non-resistance, immediate submergence in the surrounding Power.

JOHN JAY CHAPMAN



The awakened soul must often suffer perplexity, share to the utmost the stress and strain of the physical order; and chained as it is to a consciousness accustomed to respond to that order, must still be content with flashes of understanding and willing to bear long periods of destitution when the light is veiled.

EVELYN UNDERHILL

You must faint sometimes. But let your saddest times, your deepest struggles be known only to God. Gain there the strength and quietness which you need for life. But do not let men see the agony; let them see the peace that comes from God.

ANONYMOUS

God knows how much you can bear, and He will not, if you will only persevere, allow you to be utterly confounded.

FORBES ROBINSON

Down in the valley
And deeper still
I found my strength
Against my will.

ANONYMOUS

Extraordinary afflictions are not always the punishment of extraordinary sins, but sometimes the trial of extraordinary graces.

HENRY

Present suffering is not enjoyable, but life would be worth little without it. The difference between iron and steel is fire, but steel is worth all it costs. Iron ore may think itself senselessly tortured in the furnace, but when the watch-spring looks back it knows better.

MALTBIE BABCOCK

XXVI

HEALTH

Man can face almost any difficulty so long as he has health and the strength that brings confidence and courage. The supreme test comes when he is ill and cut off from an active life, face to face with the problem of suffering. It is comparatively easy to forget one's self when the body does not demand constant attention, but it takes all one's courage plus God's grace to rise above one's handicaps, when one is ill.

It is only by going to the Source of Life and realizing our oneness with the Father, that we can attain the mental health that may in time dominate the body. If we must think of our bodies let us think of them as wonderful machines, designed to work out our wills and possessing a healing power of their own.

Instead of dwelling upon the imperfections of the body, it is well to keep before us its possibilities of perfection. There is no better tonic than the expectancy of health. If we confidently fill our minds with helpful, harmonious thoughts, the subconscious mind will seize upon these suggestions and begin to work a cure.

Once we are profoundly convinced that it is God's

will that we shall be well; that He never sends suffering upon us, then we begin to work with Him to attain and maintain that health of mind and body that make us fitter instruments to work His purposes.

Those in the past who have lived closest to Christ have often been able to rise above the demands of frail bodies and demonstrate again and again the supremacy of the spirit. Fear is a poison that paralyzes the organs, while courage and faith relax the tense muscles, strengthen the circulation, and improve the digestion.

But even if we fail to attain the degree of health we long for, we should not be discouraged. While the body is subject to the laws of life, and we are given free will to break these laws, then disease and suffering will necessarily ensue. What is in our power now is the ability to, at least partially, dominate our bodies, and keep our spirits free. Out of physical weakness has often developed superb spiritual strength. A healthy spirit in a crippled body is an inspiration to everybody.

One sorely handicapped can still perform a great service by keeping his mind on a high spiritual level, by disseminating peace and harmony to those about him, and by keeping his frail body a free channel for the love of God to flow through.

The truest health is to be able to get on without it.

R. L. Stevenson

Unto those, O God, who feel the pain and darkness and mystery of life, let the Sun of Righteousness arise with healing in His wings. Remember the sick, the distressed of body or mind. Open the souls of all who lie in beds of weariness to the inflow of Thy Divine Life. In the silence may they hear Thy voice saying, "I have heard thy prayer, I have seen thy tears, behold, I will heal thee."

SAMUEL MCCOMB

Just as in learning to swim or in learning a language, often toiling on with no apparent result, there comes a day when suddenly we realize we can do it,—how we know not; so it is in spiritual matters.

FORBES ROBINSON

XXVII

SIMPLIFYING LIFE

It is sometimes a moot question whether the coming of civilization has produced more happiness or misery. To be sure, we are better fed, better housed, and better clothed; but the question of living has become infinitely more complex. With the accession of material blessings has come responsibility, anxiety, and an insatiable desire for more and more. We often lose sight of our goal in the terrific concern for the baggage we are carrying with us. Loaded to the breaking point, we yet take on more useless burdens, then wonder why we cannot make the grade.

It is possible to be very rich in the non-essentials and poverty-stricken in the things that really count. Too much of anything produces a disturbed mental state where satisfaction and discontent war with each other. It is not what we have but what we do with what we have that constitutes the value of life.

A great lesson can be learned from Nature's simple acceptance of conditions and imperturbable faith in the stability of the universe. Any line of thought that robs

us of confidence, of faith and strength, is as dangerous as poison to the body. It is very hard in the complex, nerve-wrecking centers of civilization to maintain the simple, sane attitude that makes for fullest enjoyment. We are apt to have too many acquaintances and too few friends; read too many books and not enough good ones; have too many diversions to enjoy any of them. The addition of possessions to our already crowded store becomes an obsession.

Fortunately in every community there are men who know how to be rich and at the same time live simply. They invariably realize that their possessions are a public trust, and reduce their personal desires in order to be of more service to their fellow men.

Never must it be thought that the simple life is necessarily a stupid life. Ideally it is the rightly proportioned life, not where the liver, as a cynic expressed it, "knows the cost of everything and the value of nothing."

Remember that there is nothing stable in human affairs; therefore avoid undue elation in prosperity, or undue depression in adversity.

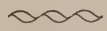
SOCRATES

The most ingenuous hope is nearer to truth than the most rational despair.

CHARLES WAGNER

We should tell ourselves once and for all that it is the first duty of the soul to become as happy, complete, independent and great as lies in its power. To this end we may sacrifice even the passion for sacrifice: for sacrifice never should be the means of ennoblement, but only the sign of being ennobled.

MAURICE MAETERLINCK

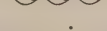


I ask no more
Than to restore
To simple things the wonder
they have lost.

C. Y. R.

If you can't be a pine on the top of a hill
Be a shrub in the valley, but be
The best little shrub by the side of the rill;
Be a bush if you can't be a tree.

FROM THE NOTEBOOK OF A FRENCH WAR NURSE



Contentment consisteth not in adding more fuel, but in taking away some fire; not in multiplying of wealth, but in subtracting desires.

FULLER

XXVIII

FAITH

The cynical saying that "faith is believing what you know ain't so" has a grain of truth in it. Our human senses may tell us that a hoped-for thing is impossible, yet some deep instinct may make us hold fast to the ideal and, eventually, in the face of apparently impossible circumstances, attain it.

In all periods of the world's history geniuses have arisen who refused to recognize the impossible. A Columbus, a Lindbergh, an Edison bear witness to this. Those who dare, and dare greatly, are those who achieve.

The history of all great adventure is the history of men who visualized the goal before they could see it and had the faith to persist in their quest through untold hardships and discouragements.

We must first have a definite, perfect idea of what we want and then raise our expectancy to the highest possible pitch. There must of necessity come to each of us hours of doubting, but with perseverance and patience we can bring our minds back to that steady confidence

that pierces the blackest cloud, and sees the light with the eyes of the spirit when it cannot pierce the gloom with the eyes of the flesh.

The ability to know before a thing has happened that it can happen, is, after all, a literal acceptance of the statement that all things are possible with God.

The man with faith not only sees farther than other men, but is able to hold up the light to those who follow in the darkness.

Some one said: "Steering towards our port in a fog means trusting the Pilot."

Faith is the power that enables you to sell all you have—fear, distrust, worry, shame, and to purchase the pearl of great price—the consciousness of the limitless power of your own soul; for within you are all the potentialities of the Kingdom of Heaven.

F. L. Holmes

I am quite sure that if you have infinite hope—hope against hope—you will be a tremendous power in the place where God has put you.

Anonymous

Faith will turn any course, light any path, relieve any distress, bring joy out of sorrow, peace out of strife, friendship out of enmity, heaven out of hell. Faith is God at work.

F. L. Holmes

A man's faith acts on the powers above him as a claim, and creates its own verification.

WILLIAM JAMES

A faith to satisfy the heart must not offend the head.

JOHN WRIGHT BUCKHAM

XXIX

SPIRITUAL HEALING

In recent years the medical profession has come to realize more and more the necessity for something beyond what the most advanced science can give. The line of demarcation between the material and the spiritual is fast disappearing, and the wise physician realizes that a sick body can no more be successfully treated without taking into account the mental condition, than a broken spirit can be healed without considering the welfare of the body.

Spiritual healing, however, can come only through the intelligent coöperation of the patient, a complete re-education, a new way of looking at life, and a thorough study of the laws that govern it.

The fundamental law of spiritual healing is that thought is first cause and acts upon mind to produce results, therefore, that man, by identifying himself with the Divine Will, can largely control his own circumstances and environment by thinking the right thoughts.

It is a terrifying as well as hopeful truth that we tend to bring into being in form whatever we fashion in thought. The law of suggestion can make us or break us,

and it is only by resolutely taking control of our thoughts and keeping them positive, wholesome, and hopeful, that we can be masters of our destiny.

Bodily health is especially susceptible to mental attitudes, not only our own but those about us. Ill-advised sympathy, needless fears, anxiety, worry are as great a menace as microbes and germs. Our only defenses against them are stronger suggestions of health, and courage and peace.

Once we have succeeded in picturing to ourselves the highest good we can imagine, and then confidently expect it, we have started on our way to recovery. After all, this is nothing more than realizing one's kinship with God and acting on this knowledge.

Christ did not think that He alone possessed the gift of healing. He taught that those who permitted themselves to be dominated by the Spirit would inevitably bring strength to the weak, comfort to the despairing, and even health to the suffering. Perhaps we can find no better way of helping our own infirmities than by forgetting them in wise and loving ministrations to others.

He whose soul glows and flames through all he does and thinks, has discovered a bottomless well of living refreshment to draw from. Everything he does has the touch of spiritual charm about it.

EMMA CURTIS HOPKINS

Why should we think upon things that are lovely? Because thinking determines life. It is a common habit to blame life upon environment. Environment modifies life but does not govern life. The soul is stronger than its surroundings.

CHARLES ATWOOD CAMPBELL

XXX

RATIONAL RELIGION

Never before, perhaps, in the history of the world have people been reaching out so eagerly for a religion that will satisfy the mind as well as the heart. Our age demands a restatement of religious concepts, a new formulation of terms, freedom from superstition, hypocrisy, and obscurity. This does not mean the abolishment of theology and mere dependence on individual worship and social philanthropies. Rather it asks for an understanding of the laws that govern our lives, and a working basis by which we can achieve the highest results.

In the United States alone there are over six million adherents to various cults each of which seeks to find a new way to reach this desired goal. But it has remained for science to explain and clarify much that has been inexplicable in the Christian religion. This unemotional, unsentimental age says, "Convince me," and religion plus science *is* convincing men in a way it has never done before.

Science alone, however, can never be the supreme teacher of mankind. It does not take into consideration

what things are good or bad, right or wrong, but only what things are according to the material facts true or false. Science, unless directed by the spirit of man, may destroy him.

It is the psychologists who have shown us the hidden springs from which so many of our miseries arise and who have provided new and enlightening definitions for old terms. They have pointed out to us that while the history of civilized man covers a few thousand years, the history of primitive man covers millions of years, and that the conflict between the rational life and the primitive must go on until the rational conquers.

We are made to see that the ape and the tiger are not yet dead in us; that the educated man whose lip lifts in a cutting sarcasm may see the same expression on the face of an angry, snarling tiger; that the woman who gives a sharp, spiteful speech under provocation may find her prototype in the beast who, actuated by fear, spits at its adversary. Even the minor sins acquire a new meaning when we regard them as retrogressions to a lower level of conduct and experience.

What our ancestors called temptings of the Devil are now regarded by scientists as uncontrolled impulses—crude forces which can be harnessed and used as a great dynamo for the working out of life's problems in the highest way, transferring man's egoistic desires into universal objectives.

The modern ideal is to make of religion the greatest of all adventures, the one that carries man through every experience and that enables him to accept truth whether it comes from scientist or mystic, from believer or pagan.

In every land there is a storehouse of wisdom. Much of it is consonant with the Christian religion, much of it is not. But if religion is a spiritual growth should not Christianity be willing to learn even yet? Isn't it also evolving through the centuries?

The great quest is for a God who is the infinite Reality outside of us, the Divine Immanence within us, and the dynamic power that energizes us.

Hindus, Buddhists, Egyptians, Greeks, Moslems, all believe in "a way of life," which if found leads to peace. But Christianity alone has produced a character who boldly proclaimed, "I am the way," and proceeded to make good His claim.

The miracle which we believe in now is the immediate presence and activity of God in the world and the transforming power of His spirit which transcends our limited knowledge. We are coming to see that this is a live cosmos, endlessly creative, constantly introducing factors not mechanically predictable from what went before, full of unexpected issues and unforeseen events.

HARRY EMERSON FOSDICK

Our only protection against the crudities and negations and materialism of science lies in more and better science, just as the only solution of the age-long antagonism between religion and science lies in making religion more scientific and science more religious.

ELWOOD WORCESTER

XXXI

LOVE

In that masterly essay on love in first Corinthians, we have the most beautiful and helpful interpretation that has ever been written. It represents love as the supreme good, the highest thing we can covet. Even the definition of God can go no higher than to say He is love.

If we should roll all the commandments into one, we should have the one word LOVE. For love in its highest sense is the fulfilling of all laws.

The outer evidence of a spiritual man is an all-embracing love of his fellow men. The powerful influence that radiates from one who is truly good, falls upon the deserving and undeserving alike, a great arc-light that sheds warmth and light in all directions.

It is easy to love the attractive, to be drawn to people who think and feel as we do, but loving the unlovable is another matter. It can only be achieved when the petty and the personal are put aside, and a deep and sympathetic understanding of the frailties of human nature is established.

Once man claims the privilege of being a co-worker

with God, in mending broken lives and lifting fallen humanity to a higher general level, his old limitations fall from him, and he no longer finds it hard to love.

Such gracious qualities are the outgrowth of love—kindness, unselfishness, humility, and sincerity. We have such superb gifts to bestow if they are only prompted by love. The world is full of pent-up energy. Those who have surplus wealth and leisure are invariably restless unless they can find a worth-while outlet for their energies. Think what a different world it would be if more of this power could be directed by creative love!

In order to follow the law of love, even for a day, it is necessary to uproot the habits of a lifetime. No censorious criticism, no egotism that takes offense at every provocation, no selfish demands upon others, no hatreds nor bitterness can remain.

One of the most serious temptations of human love is the inclination to become possessive. Any attempt to dominate the personality of another, to control his tastes, his beliefs, to demand of him more than he can give, is bound to end in failure. Each soul must possess itself, must develop according to the laws of its own being.

Jesus bade us follow one law, doing unto others as we would have others do unto us. We have only to follow it for a day to see how practical it is. Fulfilment of this law brings us peace, violation of it unhappiness.

In no way can we better show our love of God than

by rightly loving His creations. Let us pour out our affections freely, let us practise love in the big and little things of life, and by keeping close to the Source of all love, learn to love wisely and creatively.

Remain side by side with Him who loved us, and gave Himself for us, and you too will become a permanent magnet, a permanently attractive force; and like Him you will draw all men unto you, like Him you will be drawn unto all men.

HENRY DRUMMOND

The last best fruit that comes to perfection, even in the kindliest soul, is tenderness toward the hard, forbearance toward the unforbearing, warmth of heart toward the cold, and philanthropy toward the misanthropic.

JEAN PAUL RICHTER

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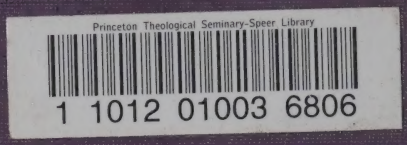
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